MARLEY SPOON

Brown Fried Rice

with Pork and Crispy Shallots

🕐 20-30min　　🍴 4 Portions

This crowd-pleasing take on classic fried rice features brown basmati and quinoa in place of white rice, giving it a nuttier flavour and an extra billing of vitamins and minerals. Simply stir-fry with pork mince, green peas, crunchy carrots and water chestnuts, and an irresistible five-spice and honey sauce, then crown with crispy fried shallots.

What we send

- bird's eye chilli, garlic, carrot
- sesame seeds [11]
- brown basmati rice and quinoa
- water chestnuts
- fish sauce [4]
- lime
- fried shallots [1]
- Chinese five spice [1,6,17]
- free-range pork mince
- green peas

What you'll require

- egg [3]
- Australian honey
- vegetable oil

Utensils

Our vegies come fresh from the farm, so please wash them before use.

Allergens

Gluten (1), Egg (3), Fish (4), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.
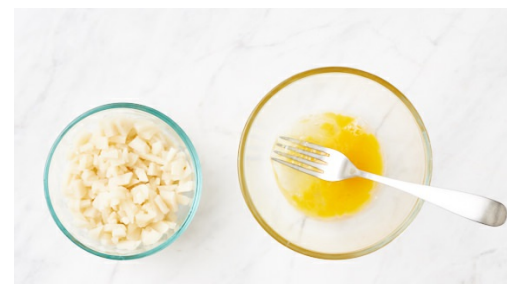
Nutrition per serving

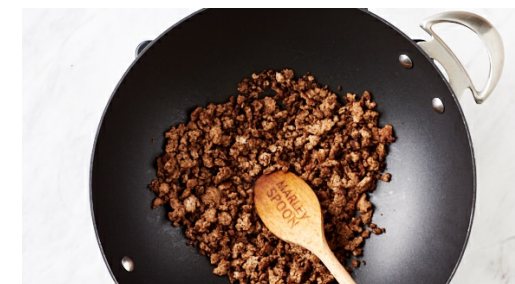Energy 640kcal, Fat 21.9g, Carbs 62.3g, Proteins 41.5g

1. Prepare vegetables

Peel and finely chop the **carrots**. Finely chop the **garlic** and **chilli**, discarding the seeds if less heat is desired.

2. Prepare ingredients

Drain and coarsely chop the **water chestnuts**. Drain and rinse the **peas**. Lightly whisk **2 eggs** in a small bowl.

3. Cook pork

Heat **1 tbs vegetable oil** in a wok or large deep frypan over medium-high heat. Stir-fry the **pork** for 3 mins. Add **1 tbs five-spice** and **1 tbs honey** and stir-fry for a further 2 mins or until browned.

4. Add vegetables

Add the **carrot**, **garlic** and **chilli** and stir-fry for 2 mins. Add the **egg** and stir to coat.

5. Add rice and quinoa

Add the **rice and quinoa**, **water chestnuts**, **peas**, **sesame seeds** and **fish sauce** and cook, tossing, for 3 mins or until warmed through.

6. Get ready to serve

Meanwhile, cut the **lime** into wedges. Divide the **fried rice** among bowls. Scatter with the **fried shallots** and serve with the **lime wedges**.

Packed in Australia from imported ingredients